

COLD WEATHER

HEALTH PROBLEMS ASSOCIATED WITH WORKING IN COLD WEATHER

Frostbite:

Early signs of Frostbite:

- Skin that is paler than normal, cold, firm, and dry
- Pain, tingling, burning or aching
- Swelling
- Blisters in the first 24hrs after exposure

Do

- Drink warm liquids
- Remove any wet clothing
- Immerse area in warm (not hot) water for 30mins
- Rewarm face and ears with warm washcloths

Don't

- Try to re-warm skin by rubbing
- Re-warm skin that may freeze again
- Pop any blisters that may develop



Hypothermia:

Mild/Moderate Hypothermia -25.6°-31°F 32°-35°C (core body temperature)

- Loss of coordination - clumsy
- Poor judgement -making bad decisions
- Shivering
- Loss of fine motor skills
- Lethargy, slurred speech
- Increasing complaints
- Decreased group participation



Severe Hypothermia (Below -25.6°F - 32°C)

- Shivering stops
- Unable to walk - usually lying down
- Level of consciousness altered
- Disorientation, irrationality, uncooperative attitude, apathy, unconsciousness

1st Defense against Cold Weather is proper protection!



West Fraser Mills Ltd.